



How to Fix A Squeaky Elliptical

Here's a quick guide on fixing a squeaky or noisy elliptical machine.

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INTRODUCTION

Has your elliptical started to squeak or become rusty from wear and tear? To fix it, you will need to follow this simple guide. First, test out your elliptical to see where the problem is. Is the squeaking coming from multiple locations or is it maybe just one screw? Second, you must clean your elliptical. You can use any generic cleaning product. Then, for the parts that are harder to clean, or for plastic parts covering metal, you can use Uline or Air In A Can to get the debris out if it is difficult to do with a wipe. Next, grab your WD-40 and spray it in the tight parts of your machine. You want to spray onto bolts or screws and anywhere where two pieces of metal connect. For an additional step and lubrication, you can add grease to the bolts and screws on your machine. For your last step, test it out! Your machine should have no squeaking now! If you see that your machine is still squeaking, repeat steps three to five.

TOOLS:

- [WD-40](#) (1)
 - [Dry Cloth](#) (1)
 - [Multi-purpose Cleaner](#) (1)
 - [Grease](#) (1)
 - [Compressed Air](#) (1)
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Step 1 — How to Fix A Squeaky Elliptical



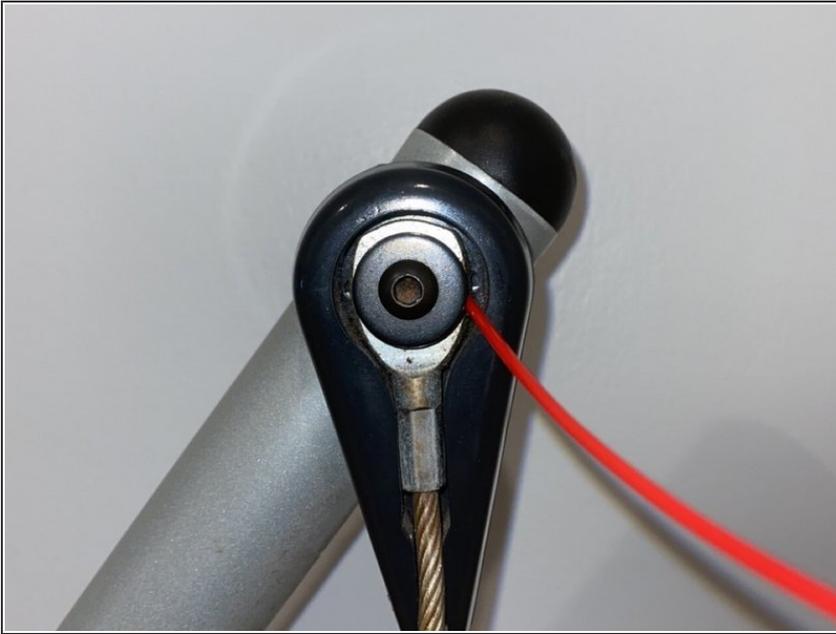
- Test out your elliptical by swinging the cord side to side and listening for noise.
- ⓘ Is the squeaking coming from multiple locations or maybe just one screw? Most likely, it will be the coming from the connection between the bolt and the cord.

Step 2



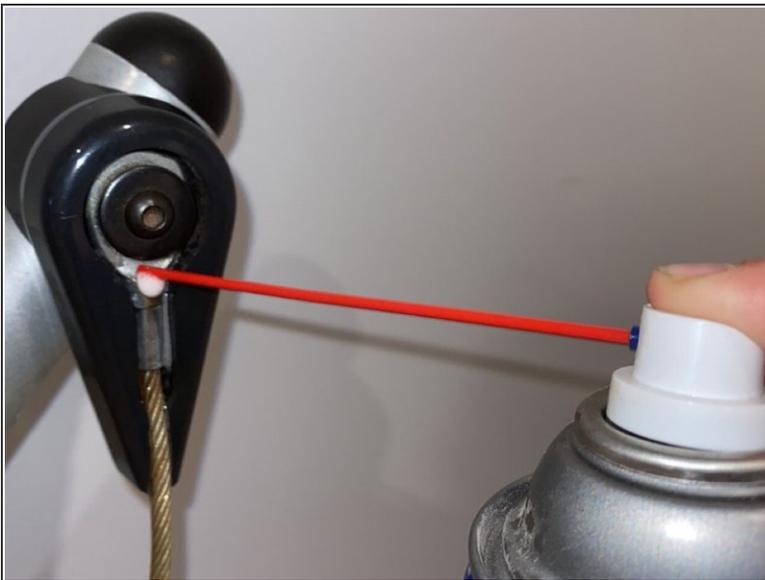
- Use a general multi-purpose cleaner and a dry cloth or paper towel to remove dust and gunk from your machine.

Step 3



- Use compressed air to get rid of debris that is harder to reach, especially parts that cover the bolt and cords on your elliptical.

Step 4



- Use WD-40 wherever two pieces connect to make sure there's no rubbing between parts. Make sure to get it deep in the corners and really saturate the metal.
- ⓘ You can also use it in places you think might get rustier over time or might collect moisture.

Step 5



- Use a cotton swab to apply grease to the bolts.

Step 6



- Test out your machine to make sure that it no longer squeaks by doing the same motions from Step 1. If your machine still makes noise, repeat Steps 3 through 5.